

THE ACADEMY

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ROYAL GEOGRAPHICAL SOCIETY.

AFRICAN EXPLORATION FUND.

The Report of the African Exploration Committee to the Council of the Royal Geographical Society having been adopted by the Council and approved by the subscribers at a Meeting on the 14th of June, it has been determined, in accordance with the Report, to despatch without delay a small expedition to explore the country between the East Coast and the Northern end of Lake Nyassa. The expeditionary party will be commanded by Mr. Keith Johnston, the well-known Geographer, who has had two years' experience as a scientific explorer in Paraguay, and will leave England in the autumn. Starting from the end of the caravan road, now being constructed by a party of English engineers, from Dar-es-Salaam (35 miles south of Zanzibar), the expedition will direct its course to the northern end of Lake Nyassa, a distance of 350 miles, and examine the newly-discovered Livingstone or Kondi Mountain Range, reported to be 15,000 feet high, to the N.E. of the Lake. Should this part of the journey be successfully performed and the resources of the party not have been exhausted, a further exploration will be made of the country (100 miles in width) lying between Nyassa and the southern end of Tanganyika.

As the extent and completeness of the proposed exploration will depend on the funds at the disposal of the Committee, which at present do not reach £5000, a renewed APPEAL is made to the public for further support.

Donations and Annual Subscriptions may be paid to the Chief Clerk of the Royal Geographical Society, 1 Savile Row, W.; or to Messrs. Cooke, Biddulph, & Co., 43 Charing Cross, to the Credit of the African Exploration Fund.

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ELASTIC STOCKINGS, KNEE-CAPS, &c., for VARICOSE VEINS, and all cases of WEAKNESS and SWELLING of the LEGS, SPRAINS, &c. They are porous, light in texture, and inexpensive, and are drawn on like an ordinary Stocking. Price 4s. 6d., 7s. 6d., 10s., and 15s. each; postage free.

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CONSUMPTION IN ENGLAND INCREASED TENFOLD IN TEN YEARS.

THE TRAVELLER'S COMPANION.

"Let me, in brief, from quotations from my private journal referring to this one affair, show you still more how unfair my uncompromising, relentless, and vendetta-like friends have been:

"April 28, 1875: Attempted murder of myself and boat's crew at Bum-bireh, and subsequent narrow escape and flight.

"April 30: After nearly seventy-two hours' starvation and imminent death by wreck, since leaving Bambireh, arrive at noon at Refuge Island.

"May 1: Halt; searching for food; found about twenty bananas for twelve starving men, but with a little coffee and one three-ounces of Liebig's Extract of Meat manage to replenish scantily our wasting forces."—*Extract from "Daily Telegraph" Account of the Dinner to Mr. Stanley.*

THE NURSE'S ALTER EGO.

"Long ago we intimated our high opinion of its value as an article of diet in the sick-room, and especially as a means of giving a relish to the poor man's mass of carbonaceous, or let us rather say starchy, nutriment. We should be extremely glad to see it more extensively utilised in the latter direction."—*Medical Times and Gazette.*

Extract from

"BOOK OF COOKERY,"

By HENRIETTE DAVIDS.

"Another Physician says: 'There is no more invigorating remedy in existence than a dose of the best Extract of Meat dissolved in boiling-hot water with salt.'

"A third Physician adds: 'I need not insist on the great value of Beef-tea, which is universally acknowledged, not only in the case of the sick, but for the healthy and ill-fed; but medical men alone can fully appreciate what a boon it is, in town and country, at any time of the day or night, and for the poorest and richest patients alike, to be able to obtain in a couple of minutes a cup of strong and savoury beef-tea, without being dependent either on butcher or cook.'

"And again another Physician states: 'It is remarkable how eager children are after the Extract, as if they felt instinctively how excellent it is for them.'

LIEBIG COMPANY'S Extract of Meat.



CAUTION.—Genuine ONLY with Facsimile of Baron Liebig's Signature, in Blue Ink, across Label.

LIGHT-MADE DISHES *versus* HEAVY JOINTS.

"'Madam,' said a celebrated physician to a lady whose husband was seeking his advice on account of an impaired digestion, 'Madam, what is your husband's general diet?' 'Oh, one day we have a leg of mutton, and the next a sirloin of beef.' 'Then pray buy a good cookery book, and instruct your cook to prepare some light-made dishes,' was the physician's advice, which, by the way, might with advantage be followed by most of us fast-living, brain-wasting Englishmen. Too frequently our animal food is taken in a form only suited to the ploughman or day-labourer, and this arises, to a large extent, from our ignorance of Francatelli's famous dictum, 'The foundation of all good cookery is the stock-pot,' or, as the French *chef* would say, 'Jus de viande concentré.' The difficulty also in the way has been that the 'stock-pot' was not always at hand, and was dependent for its repletion upon previous cooking operations; but we can no longer plead this excuse, since such an excellent preparation as 'the Liebig Company's Extract of Meat' is now, like the poor, 'always with us,' and by its friendly aid an excellent and agreeably-flavoured light-made dish may be speedily prepared from scraps of joints, poultry, and other 'inconsidered trifles,' much to the gratification of our palates and the health and comfort of our digestive organs."—*Morning Post.*

LIEBIG COMPANY'S Extract of Meat.



Finest Meat-flavouring Stock for Soups, Made Dishes, and Sauces.

Caution.—Genuine ONLY with Facsimile of Baron Liebig's Signature, in Blue Ink, across Label.

Printed by SPOTTISWOODE & CO., New-street Square; and Published by ROBERT SCOTT WALKER, 43 Wellington Street, Strand, London.—Saturday, July 20, 1878.

ECONOMY IN COOKERY.

"The Liebig Extract is decidedly economical in use, the peculiar process of manufacture retaining all the finer qualities of the meat; the vast scale of the operations of the Company giving it every opportunity of offering the articles they produce at a price below that charged by smaller competitors for inferior specimens. Dietetic value, good flavour, and economy are thus well-proved characteristics of 'the Liebig Company's Extract of Meat.' Wherever used their value is appreciated, and they are almost invariably used permanently. They may be relied upon to keep good for any length of time in all climates. A word of caution in conclusion: The jars containing the genuine article are distinguished from imitations by a label bearing a facsimile of the signature of Baron Liebig in blue ink."—*Sanitary Record.*

The great economy in using the Company's EXTRACT OF MEAT, as compared to fresh meat, will be understood by the fact that 40 lbs. of fresh meat are required by the Company's process to make 1 lb. of their Extract. According to London meat prices, the 40 lbs. would cost about 35s. to 40s., whilst 1 lb. of the Company's Extract is sold at below 10s.

AID FOR THE WOUNDED.

THE TURKISH REFUGEES.

"Constantinople, Wednesday.—The typhoid fever which prevails, and is rapidly spreading, among all classes, is chiefly fatal to the refugees because it is almost impossible to obtain good diet for the patients. Our meat, milk, and bread are all unfit for invalids. Donations of preserved milk and Liebig's Extract, which would be invaluable and would save many lives, may be consigned to Mr. Scudamore, International Ottoman Post Office, who will personally guarantee their proper distribution."—*Standard.*

THE PERFECTION OF BEEF-TEA.

"Housekeepers have for some time past known, and everybody has begun to learn, the value of Liebig Company's Extract of Meat—not by any means the first boon that the great German chemist has conferred upon humanity, and especially on the sick. There is no such beef-tea as that prepared from the little pots of Liebig Company's Extract of Meat."—*Standard.*